

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee: Birthline**

**Goal: Support, encourage and assist women in carrying their pregnancies to term and in caring for their babies after birth.**

**For the period: October 1<sup>st</sup> – December 31<sup>st</sup> 2016**

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Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Hiring, training, volunteer coordination, staff assessment, reporting and other administrative duties.		On-going volunteer coordination (trained and brought on 1 new Stepping Stones Store volunteer), monthly staff meeting and assessment, continued quarterly reporting.	
<b>Outreach</b>	Increase outreach to vulnerable populations through ads in college directories and other multilingual school-based printed materials; billboards; paid and free ads on social media venues. In person visits and presentations.		Events held at College of St. Bens, once per month outreach to Area Learning Center, spoke at St. Cloud Area Rotary, ad placed in College Living Magazine, and advertise with local businesses.	
<b>Car Seat Program</b>	The importance of correct car seat installation is discussed with all Stepping Stones clients in the one-to-one informational session. All women are provided the opportunity to attend the car seat class and may	Educ 40  Installat ion 10	Correct car seat installation is information that 25 new Stepping Stones clients received through one to one session, as well as receiving the Buckle Up brochure. Stepping Stones (SS) clients had the opportunity to take the advanced car seat safety class and receive a car seat as incentive, which 4 individuals completed during this reporting period. 1 individual who attended the class had their own	Educ 25  Installati on 4

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	select a car seat as an incentive item in the program.		car seat, with 3 individuals receiving a car seat as an incentive.	
<b>Case Management Services</b>	All Stepping Stones clients receive in person mentoring and case management; Advocate services include in person and/or telephone follow up for those not enrolled in Stepping Stones.	69	There were 25 new Stepping Stones clients who received in person mentoring and case management. Ongoing SS clients 41 all received regular one to one follow-up / case management services. 9 women received follow-up who had not enrolled in Stepping Stones.	75
<b>Crib Distribution/ Sleep Safety Education</b>	The importance of safe sleep techniques is discussed with all Stepping Stones clients in the one-to-one informational session. In addition, all women are provided the opportunity to attend the Safe Sleep Class and may select a pack-n-play/Crib as an incentive item in the program.	Educ 40  Distribu- tion 10	In December 2016 the one-to-one safe sleep information began to be given at the first Stepping Stones appointment in an effort to be sure all new clients received all safe baby information. All 25 new Stepping Stones clients and 11 on-going SS clients received Safe Sleep education in their one to one information session. With 2 of the new Stepping Stones clients attending Safe Sleep class. 6 pack-n-plays were selected as incentives during this reporting period.	Educ 36  Distribu- tion 6
<b>Education Assistance</b>	Women are provided the encouragement and assistance necessary to complete their high school or higher education. Those who select that option are given direct support in education planning and referrals to additional education counselors. Activities include completing educational goals worksheet, meet with a guidance counselor, take GED exam, complete	8	All women seeking or continuing with their education are provided assistance. 1 SS participant specifically chose education as a goal. Women who did not choose this specific goal also worked on educational activities to ready themselves and support their goals. 1 client attended ESL classes, 1 enrolled in college and started classes, 1 client started higher education/applied for FASFA. 4 individuals attending high school/higher education received encouragement and assistance.	8

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	FAFSA, and ESL classes.			
<b>Employment Assistance</b>	Women are provided the encouragement and assistance necessary to improve their employment status. Those who select this option are provided resources for career planning and work stations to develop skills and search for employment. Topics covered are resume/cover letter writing, filling out employment application, visit DEED website and more.	14	5 SS clients specifically chose employment as their goals for their Stepping Stones program ( 1 individual completed a job training and has worked on making her work shifts, 2 applied for employment, and 1 completed a cover letter and resume). In October, we added Job Seeking 101; to assist women in employment goals, resume writing, and interviewing.	5
<b>Life-Skills Education Program</b>	Women and fathers are provided the opportunity to attend a wide variety of life skills education classes and one-to-one sessions, such as financial literacy and budgeting, sexual integrity, healthy relationships, apartment and home rental, etc.	30	28 women attended specific classes and/or completed activities related to this area and were discussed during the one to one session. We collaborate with community organizations to offer life skill class. We continue to build relationships with community organizations by actively participating in the Young Parent Program (YPP). YPP is a group of local organization that come together serve parents in the Tri-county area.	28
<b>Material Support</b>	All women are provided an opportunity to receive a free \$25 voucher to be used at Treasure Chest Thrift Store for maternity clothing and infant supplies. Emergency layettes are provided on an as needed basis.	50	All 35 new intake clients are provided the opportunity to receive a Treasure Chest voucher (5 women chose to receive a voucher). 2 additional women received an emergency layette with diapers and other infant necessities. 2 women received emergency diapers.	37

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	All Stepping Stones participants can earn additional material supplies, such as diapers, infant clothing, infant care items and adult care items.			
<b>Mental Health</b>	Women are provided referrals or assistance obtaining mental health assessment, counseling and treatment programs.	6	During the initial assessment and goal setting, 3 women reported a need for advanced mental health resources and specifically identified this as a goal. Our Client Advocate/SS staff provided information for referrals to a mental health professional and encouraged follow through for 2 additional women.	5
<b>Parenting Education</b>	All parenting women have access to classroom-based parenting programs, self-paced parenting videos, and individual worksheet assignments. Activities include Baby Bootcamp for infant care education, age appropriate discipline, bonding with baby, co-parenting with father, etc. All are provided referrals and assistance for additional education if needed	50	All 25 new Stepping Stones participants and 41 on-going SS clients have access to parenting classes, self-paced videos, and individual homework (23 individuals chose to attend parenting classes/movies and 33 individuals completed parenting assignments).  All new SS participants are informed of the PHN services and offered a referral.	66
<b>Pregnancy Education</b>	All women enrolled in Stepping Stones are provided information on smoking cessation, alcohol/drug cessation and prenatal nutrition. Women may elect to attend additional prenatal classes that cover healthy infant development from conception to birth, and childbirth education class. Doula services are	50	All women Stepping Stones participants received one to one education on these prenatal health topics. All 25 new SS clients and 41 on-going SS clients had the opportunity to attend classes, do self-paced parenting videos, and individual assignments. Doula services are available to all Stepping Stones clients.  In addition, all parenting women have access to parenting classes and referrals.	66

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	<p>available to all women.</p> <p>All parenting women have access to classroom-based parenting programs, self-paced parenting videos, individual educational activities; and are provided referrals and assistance for additional education as needed.</p>			
<b>Medical Services/ Pregnancy Testing</b>	Pregnancy tests and/or program needs assessment are offered at initial intake; referrals and support for ultrasound and prenatal exams (pregnancy tests are not paid by PAG). Prenatal vitamins are offered to all pregnant women. Pregnancy options counseling is provided, referrals to adoption agency as needed.	50	All new (35) clients were offered the option of taking a pregnancy test at the initial intake assessment (3 individuals opted to take a pregnancy test). Clients are offered prenatal vitamins and 3 of the 35 clients were offered a referral to an adoption agency.	35
<b>Provide Necessary Services to All Clients</b>	<p>Provide intake assessment to determine need.</p> <p>Provide women with information on, referral to and assistance with securing pregnancy support services as identified by MDH.</p> <p>Utilize resource database to provide information and make referrals</p>	40	There were 35 women who received intake assessments consisting of securing necessary services. Referrals to community organizations were provided.	35

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<b>Provide Necessary Services Assessments Only</b>	Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	1	All new clients were provided with information on, referral to and assistance with securing pregnancy support services and only 1 client only received necessary services assessment only.	1
<b>Transportation Assistance</b>	Women are provided the opportunity to receive gas gift cards or bus passes as an incentive item (or emergency support) to support their transportation needs.	10	All Stepping Stones participants were given the opportunity to receive gas cards or bus passes as an incentive; 10 gas gift cards and 4 bus passes were chosen as an incentive in their programming; with 1 bus pass being received for emergency support.	15

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	3
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	25
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	25
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	6
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	25

**Challenges:** During this quarter, weather caused an increase of clients canceling and rescheduling their appointments as well as classes.

**Comments:** In November, Birthline hired a new Client Advocate with a RN licensure. Having a nurse in this capacity will help to ensure clients health and wellness from a holistic standpoint. This nurse has nursing experience in mental health as well as chemical addiction. There are high populations of clients that are actively participating in recovery.